

# Red Tail Flyer

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[www.afnews.af.mil/internal/papers/Balad.pdf](http://www.afnews.af.mil/internal/papers/Balad.pdf)

February 18, 2005

## Balad's enlisted improve housing area

By Senior Airman Colleen Wronek

*332nd AEW Public Affairs*

Balad's enlisted Airmen sloshed through the mud Sunday to prevent other Airmen from doing the same.

Members of the Top 3, the Red Tail 56, Panther Airmen's Advisory Council, and volunteers from various organizations around base improved the quality of life in H-6 by placing pallet walkways and making a water station more accessible.

"It sucks walking in the mud," said Senior Master Sgt. Charles Smith, Expeditionary Maintenance Squadron munitions flight chief and Top 3 member. "We are doing everything we can to help people stay out of the mud."

The new walkways were placed mainly around the trailers and the pallets came from the civil engineer squadron.

"The civil engineers had the pallets constructed, they just needed to be placed," said Sergeant Smith, whose home station is Hill AFB, Utah. "CE has a lot of other projects that take precedence over walkway building."

The crew also moved a water station so Airmen can have better access to it.

"At the previous location the water station was at, it was surrounded by mud and water and people couldn't get to it,"



Air Force/Senior Airman Colleen Wronek

**Tech. Sgt. Anthony Bechtold, 332nd Expeditionary Communications Squadron and Red Tail 56 president from Andrews AFB, Md., passes a bottle of water down the line to refill a relocated water station. Members of Balad's enlisted professional organizations, along with volunteers, improved the quality of life in the H-6 area Sunday by placing new walkways and making the water station more accessible.**

Sergeant Smith said.

The goal of the project was to improve the environment Airmen live in.

"It's a beautification project," said Staff Sgt. Tony Abler, 727th Expeditionary Air Control Squadron assistant NCOIC ground radar systems. Sergeant Abler is also a Red Tail 56 mem-

ber and his home station is Eglin AFB, Fla. "The more pallets we lay down, the less mud gets into the housing trailers and future rotations won't have to deal with the rainy season like we did."

"If we keep the facilities cleaner, resources can last longer," said Airman 1st Class Rebekah Albert, 332nd

Expeditionary Fighter Squadron aerospace medical service apprentice and PAAC member whose home station is Hill AFB, Utah. "These organizations are doing a wonderful thing. The housing area looks nicer and everything is more accessible now that the pathways are in place."

## DCFACC visits Balad



Air Force/Staff Sgt. Neal Joiner

Senior Airman Jermaine Morrow, Task Force 1041 fire team radio transmission operator from Moody AFB, Ga., shows his equipment to Maj. Gen. Norman Seip, Deputy Combined Forces Air Component Commander. General Seip visited the base to familiarize himself with Balad's operations.

# Balad Senior NCO's lead the way with Top 3

By Senior Airman Colleen Wronek  
332nd AEW Public Affairs

Airmen in the top three enlisted ranks want to help Balad Airmen of all ranks.

The Top 3 organization helps Airmen by holding morale events, making improvements around the base and providing mentorship.

"Senior NCO's provide leadership and mentorship to their troops every day," said Master Sgt. Oscar Ortiz, 332nd Expeditionary Communications Squadron base equipment control officer and Top 3 president. "Sharing our collective supervisory experiences gives us more tools to help our folks deal with issues they may be experiencing."

The organization is composed of the three highest enlisted ranks in the Air Force and meets at 9 a.m. Tuesdays in the Town Hall. Its purpose is to promote fellowship, morale and welfare to the enlisted population. "It's easy to join. Just show up at one of our meetings," said Sergeant Ortiz, whose home station is Randolph AFB, Texas. "There are no



dues and the only requirement is that you bring a willingness to get involved in making a difference."

The organization is continuing some of the initiatives the previous rotation took on as well as some new ones. "As a joint effort with other professional organizations, we are maintaining the bottled water stations in the H-6 area," Sergeant Ortiz said. "We also are developing the first-ever Balad Top 3 coin and Sunday we improved the walkways in H-6 so Airmen won't have to trek through the mud."

Because of operations tempo, finding time to do the things the organization wants

to do can be challenging. "On the flip side, this type of organization brings a taste of home, a familiar sense of camaraderie and friendship that binds us and makes us stronger during trying times," Sergeant Ortiz said.

There are many advantages to joining this type of organization, including meeting other Senior NCO's from all different units across base. "Networking is the key to getting things done, especially in a location such as this," Sergeant Ortiz said. "Getting to know each other on a personal level improves cooperation and mission effectiveness."

For those in the top three ranks who are not sure about joining the Top 3, Sergeant Ortiz said they should join to share and provide the mentorship that was once given to them.

"Getting involved in the betterment of the morale and welfare of our troops and leading by example is what senior NCOs do," Sergeant Ortiz said. "It's our responsibility, it's our calling, and it's our job."



## 332nd EOG Change of Command



Air Force/Staff Sgt. Neal Joiner

Left to right: Col. Blair Hansen, 332nd Air Expeditionary Wing commander, Col. Bob Ranck and Col. Damon Booth stand at attention during the 332nd Expeditionary Operations Group change of command. Colonel Ranck relinquished the group command to Colonel Booth Tuesday.

## System streamlines Guard orders process

By Tech. Sgt. Gary Hicks

*National Guard Bureau*

**ARLINGTON, Va.** – Beginning Oct. 1, Air National Guard officials will implement a new system for issuing orders.

The Air National Guard Reserve Order Writing Systems will consolidate systems used throughout the 54 states and territories for temporary duty travel, permanent change of station, and all administrative orders into one easy-to-use system, officials said.

(The system) is a tested and proven Web-based program that will allow Airmen to do their jobs more efficiently and effectively," said Brig. Gen. Charles Ickes, deputy director of the Air National Guard. By streamlining the order-writing

process, Guardsmen will have more time to train during drill weekends, he said. They will not need to run around the base getting their orders processed."

The system was designed to be simple to use and provide officials with much information about how resources are used.

The Air Force portal will be used with the system to allow Guardsmen access from dot-com domains.

A 24-hour a day, seven-day a week help desk will also assist Guardsmen with both technical and procedural questions.

Users will be able to track their orders during the approval process, print them when published and have access to their order history and their number of duty days.

## Always perform FOD checks

By Staff Sgt. Scott May

*332nd Expeditionary Maintenance Squadron*

Foreign Object Debris causes damage to aircraft, which requires a large amount of money and man-hours to repair.

All FOD incidents are 100 percent preventable by removing rocks from vehicle tires, performing FOD walks on the flightline before and after each shift, picking up trash in personal areas and around aircraft, and securing loose objects on vehicles.

FOD awareness must be practiced everyday, but not everyone does it.

Some people have been observed removing FOD from

their tires and leaving it on the taxiway. Others have not been conducting a roll-over check.

Although the FOD shaker does not ensure all FOD will be removed, every vehicle is required to run over the shaker at each Entry Control Point.

Additionally, during muddy days, everyone is required to stop at the pressure washer to wash off any FOD.

Remember, to prevent FOD incidents, wash vehicle tires, if required, drive over the FOD shaker, conduct a roll over inspection and sweep FOD found off the taxiway.

Making sure vehicle tires are free of FOD is most effective in prevention.

### Claims Against the Estate

Col. Blair Hansen, 332nd Air Expeditionary Wing commander, regretfully announces the death of Staff Sgt. Ray Rangel.

Anyone having claims for or against the estate of Sergeant Rangel should call Capt. Cynthia Clefisch, Summary Court Officer, at 443-7173.

# DFAC – hidden calorie land mines

By Capt. Heidi Clark

*332nd Expeditionary Medical Group nutritional medicine flight commander*

“You’ll lose weight when you deploy. Everyone loses weight when they deploy.”

How many people heard these words before deploying?

Losing weight can be a real concern for servicemembers working long hours with little rest and who often carry or lift heavy loads.

However, for most people, the concern isn’t undesired weight loss, but undesired weight gain.

Long hours and high stress levels can contribute to overeating and long hours at work may mean less time and energy for the gym.

For people actively trying to maintain a healthy weight, or struggling to lose weight, there are many “calorie land-mines” in the dining facility to be aware of.

These foods are surprisingly high in calories, and may derail the best attempts at weight loss and may lead to unexpected weight gain.

■ **Mixed Nuts** – While nuts can be a healthy snack high in fiber, protein and heart-healthy fats, they are also very high in calories. Roughly a handful contains about 200 calories.

■ **Power Bars or Hoo-ah Bars** – These bars are often used as meal-replacements or as hefty snacks. They contain a fair amount of vitamins, minerals, fiber and protein and can be very useful for people who may miss a meal or for those not trying to lose weight.

The bars average 250 calories each, which is the same amount as the average candy bar. People who never miss a meal and don’t need a hefty snack should have an apple instead.

■ **High Calorie Beverages** – Drinking several hundred calories during a meal can be easy.

A 12 ounce can of soda contains 120 to 150 calories, an eight ounce carton of juice contains about 120 calories; an eight ounce carton of whole milk contains 150 calories and an eight ounce carton of skim milk contains 90 calories.

Those concerned about calo-

**“ Long hours and high stress levels can contribute to overeating and long hours at work may mean less time and energy for the gym. ”**

Capt. Heidi Clark  
332nd Expeditionary  
Medical Group  
Nutritional Medicine  
Flight commander

ries should choose skim milk, diet soda or water.

■ **Desserts** – Ice cream, milk shakes, cookies, fruit pies and other temptations are always on display at the DFAC. Although they may taste good, they are a source of extra calories.

An average slice of pie has 300 calories, a half cup serving of vanilla ice cream has around 150 calories and a large cookie has 100 to 150 calories.

■ **Fried Foods** – When foods are fried the calorie content increases significantly. For

example a three ounce portion of steamed shrimp contains about 85 calories, while the same sized portion of fried shrimp contains about 200 calories.

■ **Large portions** – For people who are members of the “clean plate club,” the large portions served at the DFAC could be a problem.

People who typically eat everything served without thinking, or who feel guilty about throwing food away, should not hesitate to ask the server for less food.

■ **Variety** – Variety may be the spice of life, but it can cause overeating. In the face of so many food choices, some may find it tempting to have one of each. This can lead to overeating, and an excessive intake of calories. Remember there will be plenty of time while deployed to try all menu options.

With some wise choices, it is possible to maintain or obtain a healthy weight.

For more information, e-mail Balad’s registered dietitian at [heidi.clark@blab.centaf.af.mil](mailto:heidi.clark@blab.centaf.af.mil).

## Black History Month activities

Today – 7 p.m. game night in the rec. tent. Compete in dominoes, spades or Madden NFL while listening to blues, R&B, soul and jazz. Sign-ups are taken in the rec. tent.

Feb. 25 – 7 p.m. Talent show/trivia night in the rec. tent. Sign-ups for expressing talent such as poetry, singing and dancing are taken at the rec. tent.

### Black History Month Movie Schedule.

*All Black History month movies are held in the Rec tent.*

Today, Feb. 18  
6 a.m. - Tuskegee Airmen  
10 a.m. - Men of Honor

6 p.m. - Tuskegee Airmen  
10 p.m. - Men of Honor

Saturday, Feb. 19  
6 a.m. - Glory  
10 a.m. - Soldier's Story

6 p.m. - Glory  
10 p.m. - Soldier's Story

Sunday, Feb. 20  
6 a.m. - Preacher's Wife  
10 a.m. - Soul Food  
6 p.m. - Preacher's Wife  
10 p.m. - Soul Food

Monday, Feb. 21  
6 a.m. - Citizen King  
10 a.m. - A Remembrance of Martin  
6 p.m. - Citizen King  
10 p.m. - A Remembrance of Martin

Tuesday, Feb. 22  
6 a.m. - Color Purple  
10 a.m. - Lean on Me  
6 p.m. - Color Purple  
10 p.m. - Lean on Me

Wednesday, Feb. 23  
6 a.m. - Drumline  
10 a.m. - Ali  
6 p.m. - Drumline  
10 p.m. - Ali

Thursday, Feb. 24  
6 a.m. - John Q  
10 a.m. - Antwone Fisher  
6 p.m. - John Q  
10 p.m. - Antwone Fisher



# F-16 maintainers

Airmen of the 332nd Expeditionary Aircraft Maintenance Squadron have a tough mission to do. Their job is to provide flightline aircraft maintenance for Balad's F-16 aircraft, which directly supports Operation Iraqi Freedom.



Air Force/Photos by Master Sgt. Thomas Wood

**Airman 1st Class Matt Hix, 332nd EAMXS crew chief, checks the condition of an F-16 landing gear assembly.**

**(Left) Airmen from the 332nd Expeditionary Aircraft Maintenance Squadron prepare a returning F-16 for post-flight maintenance.**



**Airman 1st Class Matt Hix, 332nd EAMXS crew chief, performs a post-flight inspection on an F-16.**

**(Right) Airman 1st Class Steven Gardenier, 332nd EAMXS crew chief, checks for loose fuselage screws on an F-16 that returned from a mission.**



# Success depends on our discipline

By Maj. Daniel Higgins

332 AEW Staff Judge Advocate

"Discipline is the soul of an army. It makes small numbers formidable, procures success to the weak, and esteem to all."

Many of us are familiar with this famous quote from General George Washington. It was true 230 years ago and it is true today.

By now, many of you here have seen first hand the truth of this statement and the fundamental importance of discipline in what we do here. Simply put, our success depends on our discipline.

When we think of discipline, it is tempting to think of it solely in terms of setting and enforcing high standards for our subordinates.

But it starts well before that; it starts with holding ourselves accountable to that same high set of standards. It starts with being an example to all by doing things "the right way" all the time, every time.

In the words of early American author William Penn, "No man is fit to command another that cannot command himself."

To "command ourselves," we must internalize those standards that we expect

others to meet, and must never fail to meet them ourselves. We must not accept "close enough," and we can not compromise when it comes to meeting these standards.

A leader who lacks self-discipline will be seen as someone who talks the talk, but can't, or worse yet, won't, walk the walk.

Nothing is more destructive of good order and discipline than leaders that hold their troops to one standard and themselves to a second, lower standard. Our organization simply can not function under such circumstances.

Again, to quote General Washington, "Nothing is more harmful to the service, than the neglect of discipline; for that discipline, more than numbers, gives one army superiority over another."

Leaders owe this mastery of self to those they seek to lead. Good people

demand this self-discipline in their leaders, the same way they demand it of themselves. Good people thirst for discipline

and want to work in an environment where standards are high, widely known, and individuals are strictly and fairly held accountable.

At Balad, this environment of high standards, widely known and strictly and fairly enforced, is a necessity. Long days, little sleep, and enormous pressure to get the

mission done is the norm here. It is tempting to compromise discipline and accept just a little bit less of ourselves and those we lead.

Winning armies resist this temptation. They refuse to compromise their standards and the inevitable erosion of good order and discipline that follows. Your challenge, as a leader of Airmen in a combat environment, is to continue to set and enforce those same high standards.

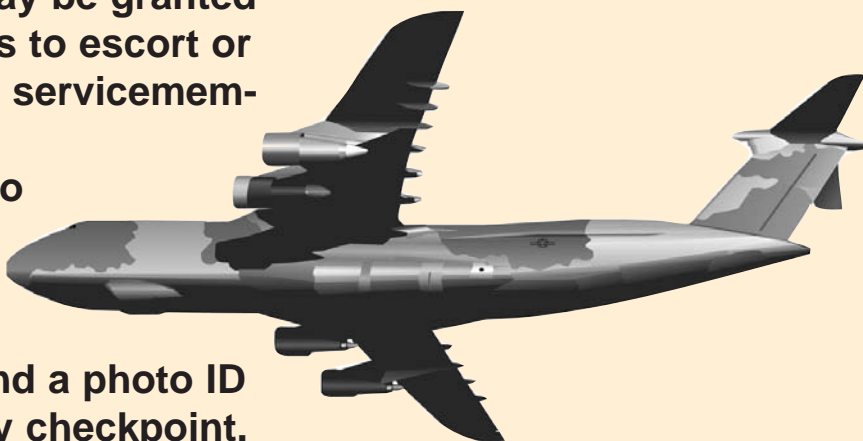
**" A leader who lacks self-discipline will be seen as someone who talks the talk, but can't, or worse yet, won't walk the walk. "**

Maj. Daniel Higgins.  
332nd AEW  
Staff Judge Advocate

## Families can meet returning servicemembers at airline gates

**The Transportation Security Administration has issued a directive stating military families may be granted access to concourse areas to escort or meet arriving or departing servicemembers at the gate.**

**Family members should go to the airline ticket counter and request a pass to the gate. They will be required to have a pass and a photo ID to get through the security checkpoint.**





## Defense briefs

### College grants offered to Airmen's families

WASHINGTON – Air Force Aid Society officials said they are offering as many as 4,500 college education grants to Air Force family members through the Gen. Henry H. Arnold Education Grant Program.

Applications for the \$1,500 need-based grants must be received by March 11.

The program is open to dependent children of Airmen on active duty, in the Guard or Reserve performing fulltime active duty, retired or deceased. Spouses of active duty and deceased Airmen are also eligible. Applicants must be enrolled as fulltime undergraduates at an accredited college or university during the 2005-2006 academic year, and they are required to maintain a minimum 2.0 grade point average.

Selection is heavily based on cost of attendance, family income and the number of eligible applicants competing. A final need assessment will be made by an independent agency.

Students can find an application and review full eligibility requirements, procedures and application instructions on the society's Web site at [www.afas.org](http://www.afas.org). They also can call 1-800-429-9475 for an application brochure.

The program averages a 50 percent-plus selection rate, officials said.

### Finance begins transformation

WASHINGTON – The Air Force financial management community formally kicked off the operational phase of its transformation effort Feb. 2 at a conference in San Antonio.

The conference highlighted the "six lanes" of financial transformation planned for the service in the next decade, which emphasize customer service, said Michael Montelongo, assistant secretary of the Air Force for financial management and comptroller.

The six lanes of transformation are restructuring financial services, enhancing resource adviser positions, developing a cost analysis center of expertise, enhancing support to warfighters, restructuring Air Staff-level budget processes and developing a training mechanism to support the transformation effort.

Financial services is the area Airmen perhaps are most familiar with. This is where transactions occur. A transaction could be the filing of a travel voucher, adjusting an allotment or correcting a pay error. It is the processing of these transactions, said Roger Bick, director of financial management strategic planning and transformation, where the Air Force financial management community starts its transformation efforts.

"You may go into (the finance office) because you are short \$100 in your paycheck," he said. "They'll tell you it's because the personnel system didn't do 'X'— perhaps they didn't start your entitlement. You say 'thank you' and go to personnel. You stand in the personnel line, and they tell you to check with finance."

"Such a runaround is not uncommon," Mr. Bick said.

Also on the agenda is the development of finance call centers where Airmen can ask questions and get most of their financial issues resolved. Those call centers would be open 24 hours a day, seven days a week and with call centers, Airmen may never have to see the inside of a finance office again.

## Meet your neighbor



**Senior Airman Netasha Freeman**

Home station: Misawa AB, Japan

Unit: 332nd Expeditionary Mission Support Group/PERSCO

Hobbies: dancing, reading, and anything to do with music

How do you contribute to the mission? I provide 100 percent accountability at all times for 332nd Air Expeditionary Wing personnel and I am a liaison between Airmen and their homestation MPF.

What is your favorite aspect of this deployment? I like meeting amazing people with interesting jobs.

Besides your family, what do you miss back home? I miss cooking and wearing jeans.

## COMM TIPS

### Multimedia:

- Provides Historical, Training and Mission Related Photography, Graphics and Videography

- We can photograph and/or video your "mission related" projects to include capturing "Airmen in Action" for Department of Defense and Air Force Archives

- Graphics can develop professional designs and layout for programs, brochures, poster prints, banners, ect.

- Presentations using the video projectors (big screens) at Town Hall require Multimedia coordination

- To request Multimedia Services fill out an electronic AF IMT Form 833, Multimedia Work Order and E-mail it to [332ecs.multimedia@blab.centaf.af.mil](mailto:332ecs.multimedia@blab.centaf.af.mil).

## Air Force Religious Schedule

Protestant  
Sundays:  
9 a.m. • Traditional – Hospital  
11 a.m. • Contemporary Worship – H-6 Chapel  
5:30 p.m. • Inspirational Worship – H-6 Chapel

Roman Catholic  
Daily:  
When Catholic Chaplain is available, Mass • 7:30 p.m. – H-6 Chapel  
Confessions – Offered prior to Daily Mass

Saturdays:  
7:30 p.m. • Mass – H-6 Chapel

Sundays:  
9 a.m. • Mass – H-6 Chapel  
2 p.m. • Mass – CJSOTF Chapel  
3:30 p.m. • Mass – JSOAP-AP Chapel

Latter Day Saints  
Sundays:  
7 p.m. • Sacraments – H-6 Chapel  
8 p.m. • Sunday School – H-6 Chapel

Fellowship and Study  
Daily:  
8:30 p.m. • Band of Brothers Fellowship – H-6 Chapel  
9 p.m. • Band of Brothers Prayer – H-6 Chapel

Sundays:  
2 p.m. • Protestant Bible Study – Hospital

Tuesdays:  
7:30 p.m. • Purpose Driven Life – Chapel Fellowship Room

Thursdays:  
7 p.m. • Latter Day Saints Study Group – Chapel Fellowship Room

Fridays:  
5 p.m. • Experiencing God– Chapel Fellowship Room  
7:30 p.m. • Women's Bible Study– Hospital

## Know what this is?



Air Force/Staff Sgt. Lindsey Maurice

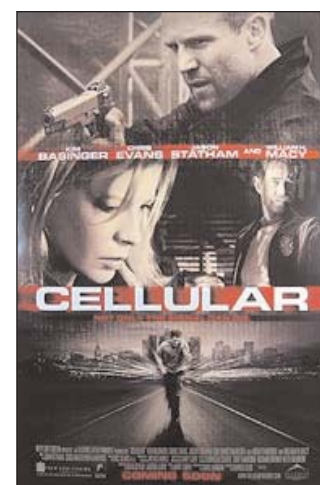
If you can identify the object, send us an e-mail at [redtailflyer@blab.centaf.af.mil](mailto:redtailflyer@blab.centaf.af.mil). The first person with the correct answer wins a \$5 gift certificate courtesy of the 332nd Expeditionary Services Squadron. Last week's photo of a sandbag was first identified by Airman 1st Class David Salser, 332nd Expeditionary Civil Engineer Squadron.

# Sustainer Movie Schedule

Schedule is subject to change



Today, Feb. 18	6 p.m. - Seed of Chucky
3 p.m. - Pooh's Heffalump Movie	9 p.m. - Saw
6 p.m. - Ocean's 12	Tuesday, Feb. 22
9 p.m. - Closer	3 p.m. - Pooh's Heffalump Movie
Saturday, Feb. 19	6 p.m. - The Forgotten
3 p.m. - Flight of the Phoenix	9 p.m. - The Bourne Supremacy
6 p.m. - Are We There Yet	Wednesday, Feb. 23
9 p.m. - Closer	3 p.m. - Flight of the Phoenix
Sunday, Feb. 20	6 p.m. - Closer
3 p.m. - Christmas With the Kranks	9 p.m. - National Treasure
6 p.m. - After the Sunset	Thursday, Feb. 24
9 p.m. - Friday Night Lights	3 p.m. - Taxi
Monday, Feb. 21	6 p.m. - Cellular
3 p.m. - The Grudge	9 p.m. - Woman Thou Art Loosed



## 332nd Air Expeditionary Wing Editorial Staff

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All photos are Air Force photos, unless otherwise indicated.

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